

HOURS:

Monday-Friday
9:00am-3:00pm

**October
Highlights:**

Out to Lunch
Bunch: Salem
Cross Inn

Hands Touching
Hearts

Glory of Quilting:
Quilting 101

Tour of the
Hillstead Museum

Crazy Whist

Oktoberfest

Skin Care
Presentation

Author
Lucy Ferriss

Bistro Lunch
Aboard the Ice
Cream Train

Painting Classes:
"The Water
Sunset" &
"A Fall Scene"

Foxwoods Trip

AARP Safe
Driving Course

Vernon Senior Center

SENIOR MOMENTS

OCTOBER 2017

Cruising on Lake George!

Senior Center members, Bonnie and Linda, were just two of the seniors that participated in a recent trip with Friendship Tours. They enjoyed entertainment and a luncheon cruise on the Lac du Saint Sacrement followed by an afternoon of shopping in the village of Lake George.



"Name our Newsletter Contest"

In the near future, we will be redesigning our monthly newsletter. Along with a new design, we are looking for a new name for the newsletter. We would love to hear your suggestions.

To submit a new name suggestion, drop it off at the Center or email it to Maureen, Senior Center Director at mgabriele@vernon-ct.gov by October 27th.

The person that submits the winning name will receive a "Shout Out" in the newsletter and a special prize.

Put your thinking caps on and be creative!

Up Coming Trips/Events

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.



Out to Lunch Bunch

The “**Out to Lunch Bunch**” will meet on the **first Tuesday** of this month. Each month a new restaurant is chosen. This month the “bunch” is going to **Salem Cross Inn** in Westbrook, MA on **Tuesday, October 3rd at 1:00pm**.



There are pickups available at the Senior Housing complexes: **Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, Windermere Court, & Welles Village** as well as the **Vernon Senior Center**. Come to the Center to sign up for this fun day out with your peers.

PLEASE NOTE: When you register for this lunch, we need to know your choice of entrée and payment in the amount of \$20.00 (gratuity included) will be due at sign up.

Hands Touching Hearts

Hands Touching Hearts is a global outreach effort developed by Rockville resident Ann Cosgrove. This program gives Americans of **ALL AGES** the opportunity to create a medal of appreciation for members of the military. This will take place on **Friday, October 6, 2017 at 1:30pm**.

- ♦ **Decorate a Medal**
- ♦ **Write a “Thank you” Note**
- ♦ **Touch a Heart!**

Medals are distributed at Military bases and healthcare facilities. No specialized artistic skills are needed to participate. **All materials are provided.** Please call to register.



Glory of Quilting: Quilting 101

Make a quilt from beginning to end with Glory Helderlein! The classes will be held on Tuesdays: **Oct. 10th, Oct. 17th, Oct 31st, and Nov. 7th.**
Time: 9:30am-12:00pm
Cost: \$50.00 (plus cost of some supplies—see Lorien for details)
Payment is due at sign-up.

*** A minimum of 5 people are needed for this class to run***



Bistro Lunch aboard the Ice Cream Train

All Aboard with conductor Kalbfus as we enjoy a nostalgic train ride along the Aquidneck Island with views of Narragansett Bay. Ride and dine in the grand tradition of the “streamliner” era on the Grand Bellevue, for a fun lunch train experience.

Gourmet sandwich choices in advance:

Baked honey ham with Swiss & honey Dijon Aoli, Roast beef with cheddar & horseradish Aoli, Shrimp & crab Po-Boy with Cajun Aoli, Tuna Melt with Swiss Cheese, and Cranberry walnut chicken salad. After lunch, savor a delicious treat on board—the country's only 1950's moving ice cream parlor! Build your own ice cream sundae—3 flavor options with assorted toppings! You will also have time to walk around Bowen and Bannister Wharf in scenic, downtown Newport.

When: Thursday, October 19, 2017

Cost: \$74.00 per person (lunch included)

****This trip is full. Please contact Lorien to add your name to the waiting list****

Depart: 8:30am, Vernon Green Circle Commuter Lot

Estimated Return time: 6:00pm



“Make It & Take It” Paint Class

Make a beautiful painting in one session! (No artistic talent needed)

The instructor, Sandra Poirier, will take you step-by-step! There will be 2 classes with 2 different paintings. Sign up for one, or both classes! The pictures to be painted are on display at the Senior Center!

When:

- Friday, October 20th- “The Water Sunset”

- Friday, October 27th- “A Fall Scene”

Cost: \$10.00 per class (payment is due at sign-up)

****Refreshments will be served! All supplies will be included!****



Foxwoods Casino Trip

On **Wednesday, October 25, 2017**, the Vernon Senior Center will take a trip to the Foxwoods Casino!

Cost: \$25.00 per person (\$10 food coupon & \$15 slot play included)

Payment is due at sign-up.

Depart: 8:15am, Vernon Green Circle Commuter Lot

Estimated Return Time: 5:00pm



AARP Safe Driving Class

AARP will host a Driver's Safety Class on **Thursday, October 26th** from **11:30am-3:30pm**. The cost is \$15 for AARP Members and \$20 for non-members. Payment needs to be made on the day of the class. Only checks will be accepted. Call now to register, space is limited. Students who take the class may qualify for a discount on their auto insurance.



The course is designed to help you:

****Update driving skills and your knowledge of the rules and hazards of the road.***

****Learn about normal age-related physical changes and how to adjust your driving to compensate.***

****Reduce your chances of receiving a traffic violation, getting into an accident or becoming injured.***

Please call to register.

A Salute to our Veterans Luncheon

Come help us give a salute to our Veterans! We are having a luncheon to thank our Veterans for their honorable service to our Country! ***All Veterans are invited to bring in photos or memorabilia from their time in service to be displayed during the luncheon.***

The Country Butcher will be catering.

Menu: Baked Ziti, Meatballs, Garden Salad, Italian Bread with butter, and dessert.

Entertainment will be by Veteran **Guy McKenzie** and sponsored by **Home Helpers**.

When: Wednesday, November 8, 2017 at 12:00pm

Cost: \$10.00 per person (payment is due at sign-up)



*****All Veterans will eat for FREE with proof of service paperwork*****

November's Out to Lunch Bunch: A Thanksgiving Feast at the Publick House

The Publick House Historic Inn in Sturbridge, MA, is nestled on acres of beautiful countryside in the heart of New England.

The feast includes:

Butternut Squash Bisque with Chive Crème Fraiche, a choice of either Roasted Turkey, cornbread-sausage stuffing, Cranberry Sauce & Pan Gravy or Yankee Pot Roast with Pan Gravy, and for desert Deep Dish Apple Pie a la Mode.

When: Tuesday, November 21, 2017 at 1:00pm

Cost: \$26.00 per person (includes transportation, meal & gratuities)

Payment is due at sign-up along with your choice of entrée.

*****Sign-up deadline: November 3, 2017*****

****Normal Out to Lunch Bunch Pick up locations****



Radio City Christmas Spectacular—The Rockettes

Starring the world-famous **Rockettes** for the **89th year at Radio City Music Hall**. Experience the magical line-up of the **Parade of the Wooden Soldiers**. Enjoy the wondrous 3D Journey with Santa and his sleigh through the skies of New York. Celebrate the miracle of the first Christmas with the living nativity scene. Watch as dreams come to life with their unique take on the **Nutcracker**, complete with dancing teddy bears and ice skates. Prior to the 2:00pm performance, lunch will be served at Maria's Mont Blanc.

Menu: Salad, choice of: Chicken Marsala, Filet of Salmon with Capers, Lemon & Scallions, OR cheese Ravioli, (Entrees served with potato pancakes, & vegetable except for pasta entrée), apple strudel a la mode & coffee.

When: Tuesday, November 28, 2017

Cost: 164.00 per person (FINAL Payment due by Wednesday, October 25)

Depart: 7:30am, Vernon Green Circle Commuter Lot

Estimated Return Time: 7:30pm

****This trip is full. Please contact Lorien to add your name to the waiting list****



Health Programs & Awareness

Zumba Gold:

Classes are on **Wednesdays** at **1:00pm**. Payment is made to the instructor at the beginning of each class. First class is **FREE!** It is \$5.00 per class or \$40.00 for a ten-class punch card.

PLEASE NOTE: Beginning **Wednesday, Nov. 1st**, Zumba will begin at 1:30pm.

Senior Fitness is a great way to socialize and stay fit. The class is on Mondays at 9:30am. This class will be ongoing, therefore you **don't** need to sign up. Karen Michaud will collect payment directly. It is \$5.00 per class or \$40.00 for a ten-class punch card.



Foot Care:

The Senior Center offers Foot Care appointments on the second Thursday of the month. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! Please contact the Center at 860-870-3680 to schedule an appointment.

Cost \$29.



Walking Club meets on **Mondays & Thursdays** at **10:00am** (please note: this is a new time for Thursdays) at **The Sacred Heart Church** to walk the Rails to Trails.

Come and walk with friends, both old & new, and walk at your own pace.

All levels of fitness are welcome.

If you are interested in joining, please call Carol Benoit at (860) 454-7449.



Balance Classes:

The Senior Center will now offer **Balance Classes**, instructed by Amy Cashman, every Monday from **11am-12pm** starting **Monday, October 2**.

The cost will be **\$2 for Residents** & **\$3 for Non-Residents**.

*If you have **Straight Medicare**, every 3rd class is **FREE***

If you have **Silver Sneakers, the classes will be **FREE**. Please provide us with the medical advantage card and policy number**

Chair Yoga began its 10 week session on

Monday, September 25 at 1:00pm and will continue through **Monday, December 4.**

Line Dancing began its 10 week session on

Tuesday, September 12 at 9:30am and will continue through **Tuesday, November 14.**



Join In on the Fun!

Cards and Games

Bingo: Mondays 1:00pm

Bridge: Fridays 1:00pm

Canasta: Wednesdays 1:00pm

Chess : Tuesdays 9:30am

Cribbage: Wednesdays 9:45am



Dominos -Tuesdays 1:00pm &

Thursdays 10:00am

Mah Jongg: Mondays 9:30am &

Thursdays 1:00 pm

New to Dominos: Tuesday 10:00am

Pinochle-Tuesday & Thursdays 12:45pm

Scrabble: Tuesdays

1:00pm

Set Back: Friday 9:45am

Wii Bowling: Fridays

12:45pm



Wii Bowling:

Do you like to bowl, but want to enjoy the company of your friends in a relaxed setting? We have a very active and fun group that meets every Friday.

Come and join our group **Fridays at 12:45 PM.**

Crochet &Knitting:

Do you like to crochet or knit? We have a very enjoyable group that meets weekly. Come and join our knitting and crochet group on

Wednesdays at 10:00 am.

All seniors are welcome.



Crazy Whist Pizza & Card Party:

Do you like to play Bridge or Hearts with a twist?

Then come and join our group to play this exciting game.

Pizza will also be served.

When: Wednesday, October 11th at 12:30 pm

Cost: \$7.00 (please pay at sign up)

All seniors are welcome.



Book Club



The Senior Book Club will **NOT** be meeting for the month of October. Please watch the Newsletter for more information.

The book club meets on the third Thursday of every month. Each person in the group gets to select a book to read.

You are responsible for picking up your own copy.

Pool Time!

Drop In Pool—Men's drop in pool games are on **Wednesday & Friday afternoons at 1:00pm.**

It doesn't matter if you are an avid player or a little rusty, all players are welcome.

Come and join us for an afternoon of fun.



Feel free to stop in and practice or play a game anytime.

All Seniors welcome.

Ladies Pool

The ladies play pool on **Tuesday mornings at 10:00am.**

Any senior lady who would like to join the group is welcome!



• *Trips?*

• *Literature?*

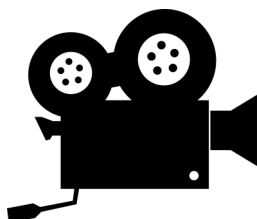
• *Sports?*

• *Games?*

• *Parties?*

• *Speakers?*

We would love to hear your ideas and suggestions.



Movie Matinee



Movie:

Wednesday, October 4 at 1:00pm

The feature film is: **Allied**

During a perilous WWII mission in Casablanca, French-Canadian operative Max Vatan falls in love and weds French spy Marianne Beausejour. After learning that Marianne may be a Nazi double agent, Max launches an investigation of his wife.

Starring: Brad Pitt & Marion Cotillard

Rated: R (2016)

Runs: 2hr 4m

Movie:

Wednesday, October 18 at 1:00pm

The feature film is: **High Society**

In this Cole Porter reworking of the Philadelphia Story, a jazz musician tries to win back his socialite ex-wife who's engaged to a respectable, but bland gentleman. All while two gossip-rag reporters gum up the works.

Starring: Bing Crosby, Grace Kelly, & Frank Sinatra

Rated: NR (1956)

Runs: 1hr 51m

Computer Room

The Computer room, located on the second floor, is open for personal use every **Monday, Wednesday, Thursday, and Friday from 9:00am-3:00pm.**

All Seniors are welcome to use them.



Advisory Committee

The Senior Center Advisory Committee meets on the 4th Tuesday of the month at 9:30am.

The following are the present members:

**Carole Slattery, Ed Slattery,
Pat Iamonaco, Ron Kane,
Maryann Hopowiec, Sally Geer,
Wes Shorts, John Mytych,
Roxann Lannan, Bill Tyler, & Bill Campbell.**



Their role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed. The next meeting is **Tuesday, October 24, 2017 at 9:30am.**

PLEASE NOTE: Seniors may attend these meetings and provide comments during the **Public Forum** section of the meeting.

Veterans Community Access Point

The **Hartford Veterans Center** has a **Community Access Point** at the **Vernon Senior Center**.

This service is available every Tuesday from 9:30 am to 3:00 pm.

The purpose of the Community Access Point is to offer **free counseling** for all veterans who proudly served our country in combat zones.

If you are or know of a veteran that might need these services please call the **Hartford Vet Center at (860) 563-8800.**



Senior Center Library

Library books, movies and puzzles are available for Seniors. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of interest to you. You may take out and return the items at your leisure.

All items have been donated.

We would like to thank all library volunteers for helping reorganize the books and puzzles.



Membership Information



Sign up Times:

We have to advertise our programs and activities well in advance, so our sign up times will not always coincide with the publication of the newsletter.

Please watch the **Journal Inquirer**.

Once certain programs are in the Journal Inquirer, on Saturday, the sign up begins the following Monday.

Signing In At the Senior Center:

It is very important that you remember to **sign in** with **both first & last names** and please **sign in clearly**. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

Parking At the Senior Center:

We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool.

Please take the time to update your membership information sheet. You can pick up a membership sheet at the front desk.

A new form needs to be filled out **only if** there has been a **change** in address, phone numbers, or emergency contact information.

When you have completed the form please return it to the office.

What interests you?

Would you like to try a new craft?
Is there something you would like to learn how to do?

Do you have a class you might be interested in?

Just call the Center and let us know.

We are open to suggestions.

Age Requirements:

Trips: 55 and older

All other activities: 60 or older.

Newcomers:

Join us for the next **Newcomers** gathering on **Wednesday, October 25th at 1:30pm.**

Come in and learn about the programs and activities that are available. Our goal is to offer a wide variety of programs and activities that would be of interest to all seniors.

The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors.

Please note it costs **\$2.00**

(Vernon residents only) to join the Center.

Please call or come in to sign up.



JUST A REMINDER:

The Senior Center will be **closed on**
Monday, October 9, 2017
for Columbus Day.

Information Page

Trip Cancellation Policy

If a person cancels a trip for any reason, **NO refunds will be given unless we are able to fill your spot on the trip.** We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.

Sign ups For Luncheons, Classes or Trips

When you see a class, luncheon or trip that you are interested in, please don't hesitate to sign up. Luncheons and classes fill quickly and usually have a limit.

Trips need a total count the month before, if there aren't enough signed up we may have to cancel. **For any activity that requires a fee, payment is due at time of sign-up.**



Transportation

Senior Car:

The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments.

Requirements:

- * Vernon resident
- * 60 & older (Must be ambulatory)

Call the Center to schedule a ride.

Rides are available Monday-Friday between 9:00 am & 1:30 pm.

There are no rides on Wednesdays.



Senior Bus:

Weekly trips on Thursdays.

The bus travels to Stop & Shop, Kmart & Price Chopper.

Pickups:

Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windermere Court, Franklin Park, Pitkat Congregate Housing, & Welles Village.

Walmart in East Windsor

First Friday of the Month, **October 6, 2017.**

Need a ride to any activity or program at the Center?

Contact Hockanum Valley Community Council
860 -870-7940

Dial A Ride Services

AARP Foundation Tax-Aide Program:

SEEKING VOLUNTEERS: Each year volunteers from the AARP Tax-Aide Program come to the Vernon Senior Center and help seniors prepare and file their federal and state income tax returns. They are looking for additional volunteers to help during the upcoming tax season at the Vernon Senior Center. The Tax-Aide program utilizes volunteers in a number of different positions, including: Greeters, Counselors, and Electronic Return Originators. The Vernon site will operate on **Wednesdays** and **Fridays** during the tax season. While experience in tax return preparation is helpful, its not necessary. Training is provided.

To learn more about the program or to register as a volunteer, please visit the Tax Aide website:

www.aarp.org/taxaide. Once your registration is received, the Local Coordinator for Vernon will contact you to discuss the program and answer any questions you may have.

October Birthday's & Anniversaries

Happy Birthday:

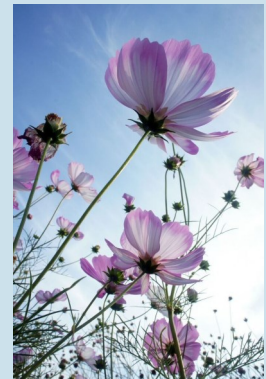
Oct. 1 Patricia Cleveland
Oct. 17 Joe Harris
Oct. 27 Jeannette Hubbard
Oct. 28 Pat Margelony



The Marigolds

Happy Anniversary:

Oct. 22 Marie & Joe Harris



The Cosmos

October's birth flowers are the Marigolds & the Cosmos

Marigolds:

Sign of warm or fierce underlying love or as a way of saying they're content to be with the recipient.

****Fun Fact: There are about 50 species of marigolds that range in height from 6 inches to 5 feet tall****

The Cosmos:

Symbol of order, peace, and serenity.

Note: If you would like your birthday/anniversary in the Newsletter, please inform the Senior Center Staff.

Thank You.

Town of Vernon Senior Center

26 Park Place
Vernon, CT 06066

Main Line: 860-870-3680

Fax: 860-870-3588

Email: mgabriele@vernon-ct.gov

Website: Vernon-ct.gov/senior-center



The Vernon Senior Center is committed to assisting Vernon seniors by providing programs that meet their needs and address their concerns.

Meet our staff:

Director:
Maureen Gabriele

Program Coordinator:
Susan Ward

Administrative Assistant:
Lorien Velasquez

Facilities Assistant:
Laurie Goodhue



Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: